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FEATURES OF PSYCHOLOGICAL PREPARATION OF GYMNASTS

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Annotation: The article deals with modern aspects of the psychological training of gymnasts. Artistic gymnastics, being a complex type of performing technical elements, relies heavily on the psychological preparation of the athlete.

Keywords: artistic gymnastics, psychological preparation, gymnasts, methods of psychological influence.

Introduction. Gymnastics is a special form of sports development, the basis of which is consciousness. The modern attitude to sports imposes strict requirements not only on muscular, but also on mental development [1, 2].

An important aspect of volitional training is self-development not only at trainings, but also on weekdays. It is necessary to give the necessary advice to a young gymnast on how to act, train and what to do [3].

How to lay down such a desire for development? First, with a strict self-awareness of behavior in training. Young talent must understand that it is necessary to embody only what is required in the sports complex. An athlete needs to understand a simple, but at the same time important thing - everything is important in gymnastics: approach, execution, departure. In training, none of the elements should be omitted [4, 5, 6].

The current method of character development is the training course itself, in which it is necessary to influence the formation of the moral state of the gymnast, this must be done constantly, every training session. Some training sessions need to be organized with the atmosphere that prevails at high-level competitions. In everyday situations, you need to use the methodology for performing the exercise using the necessary equipment, as well as lead-up exercises, if necessary, use a combined method that combines all the elements and individual parts of the exercise in itself. An important role in the training of a young athlete is played by his reaction to what is happening around him, i.e. what is happening in the background does not concern him, he should not notice it [7, 8]. From the very beginning, you need to teach the athlete to scroll in his head before starting the exercise what he needs to do. As the long-term experience of athletes and coaches shows, thinking ahead in thoughts gives the greatest result in hard work on oneself and one's potential [9, 10].

A good tightrope walker has a psyche that allows him to discard all unnecessary, extraneous factors. The process of learning gymnastics exhausts the athlete emotionally, and here it is important to correctly disperse mental efforts and influences, to use them rationally [11, 12].

The diagnostic approach is gaining momentum and becoming paramount - these are expert assessments, observation, diagnostics of the psychophysiological and functional characteristics of an athlete, experiment, questioning and surveys, testing. Some techniques are used by gymnasts' mentors, the other part is used by psychologists.

The personal example of the coach plays a key role. The athlete's team also plays a significant role. It is she who creates the atmosphere in the team. The general view from the outside is a working tool in building the morale of a gymnast.

The way of self-development in sports is the best means of becoming a gymnast's psyche, his behavior and manners. An important part of the development of athletes is psychometry. A successful athlete evaluates the movement more correctly and shows it better in practice.

Thinking in your head about the exercise that the gymnast is to perform is very useful. Scrolling in advance in the mind of a motor exercise allows you to more sensitively realize the goal that the coach sets. Therefore, it must be taken into account and used as one of the methods of training and self-development.

The use of versatile methods of self-control helps to achieve the desired results in the moral preparation of the gymnast both in competitions and in training in the gym on simulators. The main conditions for moral stability include: the accuracy and stability of the attitude to movement, mental endurance, the speed of processing afferent information, the ability to control one's mental state.

Methods of spiritual motivation should be used by the mentor in many areas of training with athletes. In the course of development, they use various methods of focusing attention on important sensations associated with movement, building work according to the competition model. Competent organization of the athlete in competitions is also necessary. We need a correct statement of the problem with the motivation arising from it, the optimal degree of mental tension, and the achievement of mental stability in actions. In the process of preparing for the exercise, the gymnast goes through characteristic phases: before the call to the apparatus, after the call, in the starting position, at the start of work.

Performance at competitions has a psychological impact, forcing the gymnast to enter into special relationships with athletes like him and with those who cheer for him and support him. This gives a special load on the gymnast's psyche, which he can get only here, in other places such experience cannot be gained, hence it follows that such meetings are indispensable.

Representing yourself and your team at competitions is the heaviest stress in the life of a gymnast. Emotionally, it is difficult to overestimate the significance of the special training of a gymnast and his inherent personal, characterological qualities. Numerous facts are well known when athletes who are ready not so much technically and physically as mentally ready win in important competitions.

Relationships of friendship in sports are possible, the main of which is the relationship of a mentor and an athlete. This is a serious psychological and pedagogical factor in sports. Special relationships in the pair "sportsman - mentor" are determined by the character, temperament, individual style of activity, and finally, the intelligence of the participants in the relationship. These characteristics are especially relevant to the mentor, who must remain the leader in the relationship. It depends on the psychological typology of the coach (“liberal coach”, “despot coach”, “democratic coach”).

The next aspect is the athlete and the spectator. This aspect of communication is especially important for gymnasts performing at serious competitions, in the presence of psychological and moral support. The easier the goal, the more beneficial the presence of strangers affects the quality of the elements of the exercise.

It is also interesting that the spectators who are able or inclined to evaluate the performance have the greatest impact on the gymnast; moreover, the higher the qualification of outsiders, the higher the impact on the mental state of the gymnast.

Conclusion. Gymnastics classes form the inner core of an athlete, his psyche, moral and spiritual character traits. Therefore, gymnastics is associated with the emergence of emotionally difficult, sometimes painful, devastating conditions. To overcome difficulties, reasonable, constant emotional training is needed, the importance of which in sports is steadily increasing as the level of skill of the gymnast increases in competitions of an ever higher level.

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